

September 2026

The Centered Place Yoga Studio



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30 5:30 – 7 pm All Levels	31 5:30 – 7 pm All Levels	1 9 – 10:30 All Levels	2 5 – 6:30 pm All Levels	3	4 10 – 11:30 am Experienced	5 Studio Closed
6	7 Studio Closed Labor Day	8 9 – 10:30 All Levels 6:00-8:00 pm Yoga+Meditation	9 5 – 6:30 pm All Levels	10	11 10 – 11:30 am Experienced	12 10 – 11:30 am All Levels Rosh Hashanah
13	14 5:30 – 7 pm All Levels	15 9 – 10:30 All Levels 6:00-8:00 pm Yoga+Meditation	16 5 – 6:30 pm All Levels	17	18 10 – 11:30 am Experienced	19 10 – 11:30 am All Levels
20	21 5:30 – 7 pm All Levels Yom Kippur	22 9 – 10:30 All Levels 6:00-8:00 pm Yoga+Meditation	23 5 – 6:30 pm All Levels	24	25 10 – 11:30 am Experienced	26 10 – 11:30 am All Levels
27	28 5:30 – 7 pm All Levels	29 9 – 10:30 All Levels 6:00-8:00 pm Yoga+Meditation	30 5 – 6:30 pm All Levels	1	2 10 – 11:30 am Experienced	3 10 – 11:30 am All Levels

Class Fees	In-Studio Classes		Zoom Classes		
		Continuing/Experienced 90 minutes	Yoga+Meditation 120 minutes	Continuing/Experienced 90 minutes	Yoga+Meditation 120 minutes
	One class	\$20	\$25	\$18	\$23
	4 classes	\$72 (Retired Sr: \$64.80)	\$88 (Retired Sr: \$79.20)	\$60 (Retired Sr: \$54)	\$76 (Retired Sr: \$68.40)
	8 classes	\$136 (Retired Sr: \$122.40)	\$160 (Retired Sr: \$144.00)	\$112 (Retired Sr: \$100.80)	\$144 (Retired Sr: \$129.60)

Please register for classes. Pay by check, cash, Cash App (\$PhilMilgromTCP), Venmo (@PhilMilgrom-TCP), Zelle (philmilgrom@comcast.net), or PayPal (paypal.me/TheCenteredPlace). Thank you!

“When you always remember that death is ahead of you, life is somehow more precious. Everything shifts into a different perspective.” ~ Gurudevi, Facing Uncertainty, Oct 2008